

## Important fingering in playing music



Important fingering in playing music[/caption] Perhaps you will wonder about where Finger Aerobics came from, and maybe [Finger Aerobics](#) will never be encountered with guitar theories, it's just a term I use for warming up and flossing my fingers. Just like Guitar Aerobics material **Lots of benefits of this Aerobic Finger, including:** 1.Stretching the muscles of the hands and fingers are stiff 2.Train the strength of your fingers 3.Train the speed of Fingers 4.Train the durability of your fingers so as not to reduce the tempo when playing speed 5.Train Feeling, etc. Here are some stretching movements you usually do. 1. Before playing the guitar, usually make your hands become rilex, you can massage your own hands and fingers before starting Make your hands and fingers feel more relax . After that straight up your hands fore then pull back to a few moments with the hands using the other hand. Take turns on your left hand and your right hand. 2. Then straighten your hands forward with your fingers face down, then pull your back of your hand back for a while using other hands. Take turns on your left hand and your right hand. 3. Then straighten your arms forward with your palms facing forward and your fingers are facing upwards, then pull your fingers back together for a while using the other hand. Take turns on your left hand and your right hand. Do the same thing with the position of the fingers face down. 4. Next straighten your hands and fingers forward and then pull your finger back one by one in turns for some time using the other hand. 5. Then align your hand with the fingers facing downward and stretch each of your fingers, between each other on every 2 fingers that are nearby. 6. Next straighten your hands with the fingers facing downwards and drag each finger back in turn. Next prepare your guitar and play the song you want